



DANVILLE FAMILY YMCA

POOL SCHEDULE: December 1-December 31, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	6:45-8:50 Lap (4) Walking/Open Exercise (2)
	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Deep Water (4) Lap (2)
	9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)	
1:15-4:45 Open Swim (3) Lap (3)	10:45-4:50 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-4:50 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-5:00 Open Swim (3) Lap (3)	10:15-2:45 Open Swim (3) Lap (3)
	5:00-6:00 Burst Fit (4) Lap (2)		5:00-6:00 Burst Fit (4) Lap (2)			
		4:30-6:00 Swim Lessons (3) Lap (3)		4:30-6:00 Swim Lessons (3) Lap (3)		
	6:00-7:00 Swim Team (5) *Lap (1)	6:00-7:00 Swim Team (4) & Swim Lessons Lap (0)	6:00-7:00 Swim Team (5) *Lap (1)	6:00-7:00 Swim Team (5) & Swim Lessons *Lap (1)		
	7:00-7:45 Swim Team (3)	7:00-7:45 Swim Team (3)	7:00-7:45 Swim Team (3)	7:00-7:45 Swim Team (3)	5:00-6:00 Swim Team (3)	
	7:00-7:45 Open Swim (2+Teaching Pool) Lap (1)	7:00-7:45 Open Swim (2+Teaching Pool) Lap (1)	7:00-7:45 Open Swim (2+Teaching Pool) Lap (1)	7:00-7:45 Open Swim (2+Teaching Pool) Lap (1)	5:00-6:00 Open Swim (2+Teaching Pool) Lap (1)	
	7:45-8:45 Open Swim (3) Lap (3)	7:45-8:45 Open Swim (3) Lap (3)	7:45-8:45 Open Swim (3) Lap (3)	7:45-8:45 Open Swim (3) Lap (3)	6:00-7:45 Open Swim (3) Lap (3)	

Parentheses indicates number of lanes available for each activity. Multiple activities are often scheduled in the pool at the same time. The schedule is subject to change at any time due to special programs.

Policy for Youth during Open Swim: Swimmers age 10 and older may swim unsupervised by an adult. Children 9 and under must have an adult in the water supervising them at all times. Children under the age of 5 or any child unable to swim and/or using an approved flotation device in the shallow end must have an adult within arm's reach at all times. Children with approved flotation devices (Coast Guard approved lifejackets and puddle jumpers) must stay where the child can touch the bottom at all times.

*The lane available during swim team is open and closest to the locker room ramps. This is to allow the coach to have access to the very young and beginner swimmers in the swim team program and be able to have them in a lane where she can walk up and down the pool alongside them during practice, if necessary.